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Father Provides Unique Insight into Raising a Son with Autism

***'Autism in the Family: Caring and Coping Together'* candidly guides families through the many challenges and rewards of raising a child with autism**

BALTIMORE, MD – January 10, 2013 – How can parents provide the best support for their child with autism and ensure that the whole family's needs are met? Psychologist and father of an adult son with autism, Robert A. Naseef, Ph.D., combines his personal experiences and professional background to share insight into the complex care of children and families affected by autism in his latest book, [*Autism in the Family: Caring and Coping Together*](#). Weaving years of clinical practice with first-hand insight, Dr. Naseef helps parents collaborate effectively with professionals and build a strong circle of support with family and friends so that they can provide the best care for their child with special needs. With this book, Dr. Naseef shows parents how to better understand and guide their child's behavior and development, manage stress, and tackle other challenges such as meltdowns, food sensitivities, sleeping, and toileting.

Completely revised from his popular book, *Special Children, Challenged Parents*, "this new book focuses more narrowly and deeply on the challenges that the autism spectrum poses for family life," explains Dr. Naseef. "Over the last decade, I have traveled around the country and spoken to thousands of people struggling to accept autism and do the best job possible for their families. Seasoned by 24 years of professional practice as a psychologist and integrating advances in research and treatment, I have attempted in *Autism in the Family* to help families navigate the emotional landscape and the practical roadmap through the lifespan—from early childhood through the school years and adolescence on to adulthood." The book also offers rare in-depth coverage of the father's experience in parenting a child with a disability.

Autism in the Family: Caring and Coping Together has garnered much praise:

“A comprehensive view of autism across the lifespan... Naseef encourages readers to understand and accept those with ASD, and to ultimately connect, adapt, cope, hope, and flourish,” said Emily Iland, M.A., president of the Autism Society of Los Angeles.

“Insightful, accurate, and very personal...should be helpful to any parent whose journey includes a child with autism. Naseef has provided important information in a caring and compassionate manner,” explained Kenneth Thurman, Ph.D., professor of special education at Temple University.

“An excellent resource for families and professionals alike. I am moved and inspired by the stories of Naseef and others that are woven in, and will be sharing this [book] with students, families, and colleagues,” said Helen McCabe, Ph.D., Associate Professor at Hobart and William Smith Colleges.

“Fathers often have difficulty expressing their feelings and this book should be required reading for all fathers who have a child with a disability,” said Temple Gradin, author of *Thinking in Pictures*.

A warm and down-to-earth guide for parents and an enlightening read for the professionals who work with them, this book is a valuable companion to families as they love and support their child with autism. For more information on *Autism in the Family: Caring and Coping Together*, and to read an in-depth Q&A on Dr. Naseef’s perspective on how to help families navigate the emotional landscape of autism, visit www.brookespublishing.com/autism-in-the-family.

About the Author

Robert A. Naseef, Ph.D. is a psychologist at the Philadelphia-based Alternative Choices, where he specializes in working with families of children with autism and other special needs. Through his experiences as a parent and professional, Robert relates well to both audiences and is a sought after speaker around the country. In 2008, Robert was honored by Variety the Children’s Charity for his outstanding contributions over the past 20 years to the autism community.

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